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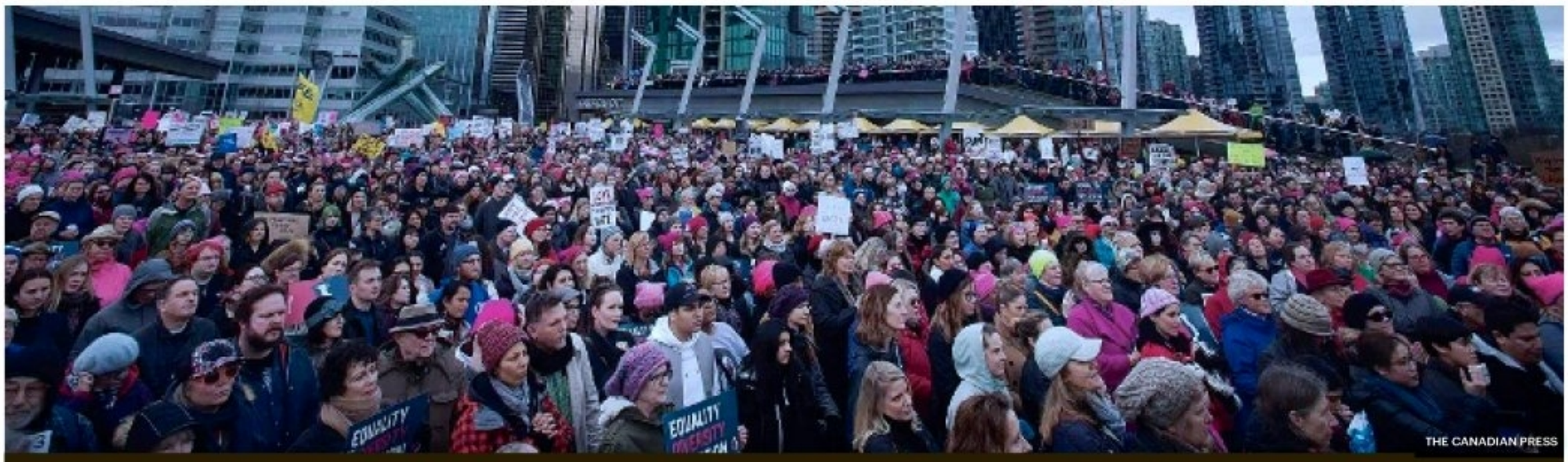
WE ARE THE RESISTANCE

But if you think this fight is romantic or glorious, think again — exhilarating as the women's march was, the road ahead will be perilous **Vicky Mochama in Washington, metroVIEWS**



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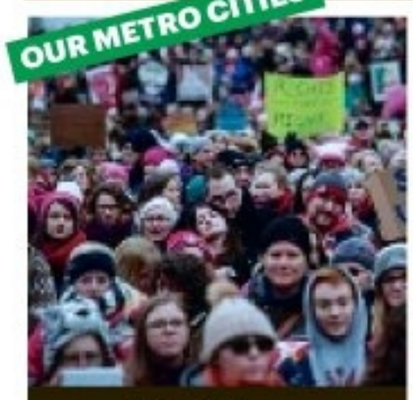

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Howie Mandel

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metro NEWS

Your essential daily news

Democratically elected president of Gambia, Adama Barrow, will return to lead country. **World**

‘Solidarity matters’

WOMEN'S MARCH

Thousands hit Vancouver streets over U.S. election

Cara McKenna
For Metro | Vancouver

Women wearing pink “pussyhats” — part of a campaign to make a visual statement at global Women’s Marches — take a selfie after rallying in Vancouver on Jan. 21 . CARA MCKENNA/ FOR METRO

An estimated 10,000 people gathered in downtown Vancouver on Saturday to march in solidarity with women, in one of hundreds of rallies worldwide prompted by the American election.

Protesters were promoting women's rights — and human rights in general — that they believe are being threatened under new U.S. President Donald Trump.

The Women's March was first planned in D.C. but spurred at least 600 more “sister marches” globally on the day after Trump's inauguration.

In Vancouver, protesters packed into Jack Poole Plaza holding placards with messages including “a woman's place is in the resistance” and “girls just wanna have FUNdamental rights” before marching through downtown streets.

People from all walks of life participated in the rally, while speakers represented diverse groups in the city including Indigenous, Mexican and Muslim communities.

Vancouver Coun. Heather Deal, who is a dual American-Canadian citizen, told the crowd about how powerless she felt after the U.S. election in November.

“I was so angry and I was so scared and I was so confused by what had happened, that it took me a while to start breathing,” she said.

“But once I started breathing again, I started thinking, I have to do something.”

Deal read out a proclamation on behalf of the city that acknowledged recent events have left citizens in a vulnerable state, and said “racism and discrimination will not be tolerated.”

Nancy Trigueros, a Mexican-Canadian activist, said, even though the resistance is concentrated in America, everyone worldwide must stand together.

“The president in the U.S. has an impact on us all,” she said.

“I know people in Mexico and here in Canada that are rightly worried about the impact on their lives. ... Solidarity matters.”

Meanwhile, Rhiannon Bennett of Musqueam Nation welcomed the crowd to Coast Salish territory and said everyone needs to work to dismantle systems of oppression.

“Many of you have a lot of opportunities and privilege. How are you using that privilege to lift people up?” she asked.

“By putting women at the forefront and returning us to where we need to be in our communities, things will change.”

After the march, one of the event organizers Lisa Langevin said the mass display of solidarity spoke volumes.

“People won't stand for the things that have been said,” she said.

“It's up to every single person to stand up when they hear racist or sexist comments.”

Organizers want to keep up the momentum

Wanyee Li
Metro | Vancouver

The number of people who turned out to the Women's March in Vancouver on Saturday surprised even the event's organizers, who hope to keep the momentum going in order to battle racism in the Lower Mainland.

Protesters gathered in Downtown Vancouver to show solidarity with hundreds of women's marches around the world in response to U.S. President Trump's inauguration. But although eyes were set on Washington, D.C., Vancouver has its own problems it must now deal with, said event organizer Lisa Langevin.

“We've allowed this concept of political correctness to mute us and not stand up against racism, sexism and against attacks on immigrants.”

In just one example of racism, Ku Klux Klan pamphlets were distributed in Abbotsford last week. Anti-Chinese flyers have also been reported in Richmond. Prejudice against immigrants and First Nations people in particular is something Lower Mainland residents need to be aware of, said Langevin.

“The kind of attitudes that were given oxygen during the American election are not OK here.”

Langevin, who describes herself as “just a citizen,” says Saturday's march inspired her to continue her activism.

Construction of new urban school is almost finished

EDUCATION

Crosstown Elementary one of a kind, says board official

Wanyee Li
Metro | Vancouver

Crosstown Elementary, the first inner-city school built in Vancouver in almost a decade, is close to completion and scheduled to open in September 2017. JENNIFER GAUTHIER/METRO; BELOW: WANYEE LI/METRO

Downtown Vancouver's new school is welcoming registrants for the 2017 school year starting Monday.

The 510-seat school named Crosstown Elementary is located across from the Georgia Viaduct and Rogers Arena. Residents in the 30-storey condo tower beside the school are a stone's throw away from the school's outdoor learning spaces. Its urban location makes it unique, said Vancouver School Board's associate superintendent, David Nelson.

"As far as I'm aware, this is the only school of this kind in Canada," he told Metro during a tour of the school.

"The school is built on top of an existing parkade. We own no land — we own air."

Schools in Vancouver tend to have their own sports fields and playgrounds, but not Crosstown Elementary. That made designing the layout of the school a unique challenge, said VSB's project lead, Noel McNally.

"We had to come up with a plan for a site that would accommodate requirements from the school board but something that would also respect the liveability of the adjacent (condos)."

The school has two large balconies on the third and fourth floor that will function as outdoor learning spaces, but children will likely spend recess and lunch at the public park and playground next to the school, said McNally.

The interior of the school, with classrooms clustered around common learning spaces and multipurpose rooms, is modelled on 21st-century learning principles, added Nelson.

"It's an open, collaborative, inquiry-based learning. That's what we promote in the design of our schools now."

Construction is scheduled to finish this spring, said Nelson, in time for about 100 students, grades kindergarten to 2, to move into the school. Those students, who are currently attending Seymour Elementary, will have first dibs on all of the school's features, before it becomes open to other children in the catchment area in September 2017.

REGISTER

Parents can register their children for Crosstown Elementary for the 2017-18 school year from Jan. 21 to Feb. 3. Parents whose children currently attend a VSB school can register by speaking with their principal. Parents whose children are not currently attending a VSB school can register at 1580 West Broadway.

Large windows between the classrooms and hallways provide an open space for students to play while under teacher supervision.

PROPOSAL

Funding for more downtown schools

BC Hydro is proposing a project that would see underground substations built beneath new schools — schools that have not yet been built but that nearby families say are needed. The two new schools mentioned in the proposal would be located in Coal Harbour and the West End. The proposal has already been presented to the City of Vancouver, the Vancouver School Board and the Vancouver Park Board, according to BC Hydro. A decision on the proposal is expected March 2017.

Council DIGEST

Opioid overdose response

In December, city council was set to debate a budget that included a 3.4 per cent property-tax increase. But that increase was suddenly raised to 3.9 per cent in order to raise a total of $3.5 million to be used to fight B.C.'s overdose crisis.

On Jan. 24 council will decide whether to approve $2.1 million for: an additional three-person Fire and Rescue medic unit, a new Strathcona community policing centre, increase operating funding for the city's 11 community policing centres, and expand naloxone training for city staff.

False Creek South

Big changes are coming. The quiet residential area between Granville Island and the Cambie Bridge was one of the first of Vancouver's industrial waterfront areas to be converted to residential and business use — and the city retained ownership of much of the land.

The mix of low- and mid-rise housing co-ops, strata condominiums and small businesses are all sitting on leasehold land, and those lease periods will end in the next 20 to 30 years. The city wants to start a planning process now to both increase density and revitalize the area but is promising to keep the existing affordable housing.

Cetaceans in captivity

In 2014, this issue embroiled the park board in controversy, but the question of whether to completely ban whales and other cetaceans from the Vancouver Aquarium was never resolved. A motion brought forward by commissioner Sarah Kirby-Yung requests that the issue be put to Vancouver residents in a plebiscite during the 2018 municipal election.

JEN ST. DENIS/METRO

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The second peak at Mount Seymour (previously known as Second Pump Peak) is being renamed in honour of longtime search-and-rescue leader Tim Jones. COURTESY PROVINCE OF B.C./FLICKR

Peak being named for heroic rescuer

HONOUR

Family and friends touched by memorial to Tim Jones

David P. Ball
Metro | Vancouver

For decades, the iconic summit north of Mount Seymour ski hill was informally known as "Second Pump Peak," offering stunning 360-degree alpine vistas within a day hike's reach of Vancouver.

For North Shore Rescue's former team leader Tim Jones, it was not only his favourite local trek, but also just one of many places from which he and his team rescued at least 1,600 people, the province estimated.

This week — two years after the 57-year-old advanced life-support paramedic died of a cardiac arrest while hiking down Mount Seymour — the province officially named that 1,425-metre peak "Tim Jones Peak," a proposal long supported by his fellow rescuers and family members.

"We are incredibly touched to have the province honour our father's volunteerism in this way," said Jones' daughter Taylor, who was hiking with Jones when he died in 2014.

"We will be forever grateful to have a mountain peak named after him as a symbol of his dedication, commitment and passion for helping the people of British Columbia.

"We will hike to this peak frequently and be reminded of how lucky we were to spend part of our lives with such a caring, compassionate and adventurous father."

According to Jones' friend Jane Thornthwaite, the MLA for North Vancouver-Seymour, the naming is an opportunity to remember not only the renowned rescuer's life, but also the legacy he left North Shore Rescue.

That legacy included making North Shore Rescue the first search-and-rescue organization in B.C. to adopt helicopter long-line rescues, bringing a "state-of-the-art communications system" to the volunteer agency, and advocating extensively for the province's many volunteer rescuers.

"Tim Jones was a friend of mine and, like everyone who knew him, I miss him every day," Thornthwaite said in a statement. "Tim Jones' legacy on the North Shore and in British Columbia is legendary, and I am proud to stand with his family and give him this honour."

While the naming of the peak recognized Jones' personal heroism, B.C.'s Minister of Forests, Lands and Natural Resource Operations noted that the move is more than about one man.

"It also honours the many volunteers who worked alongside him over the years," Steve Thomson stated, "and who continue to share his values, work ethic and dedication to public service."

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Liquor law reforms uncorked

ALCOHOL

'Modernized' legislation now in force

David P. Ball
Metro | Vancouver

A government review made 73 recommendations to update liquor laws and reduce red tape. DIBYANGSHU SARKAR/AFP/GETTY IMAGES

British Columbia's cocktail of new alcohol regulations has been officially served straight up into law.

The BC Liberals' long-promised "modernized" legislation came into force Monday, four months ahead of the provincial election in May, and includes a boozy mix of previously announced changes — everything from drinking on golf courses and serving shots in barbershops to faster liquor license processing.

"We've come a long way since we first began the process of updating B.C.'s antiquated liquor laws," said a statement attributed to Coralee Oakes, Minister of Small Business and Red Tape Reduction and Minister Responsible for the Liquor Distribution Branch.

"We have created new opportunities for businesses, increased choice for British Columbians, and enhanced our commitment to public health and safety."

The government's Liquor Control and Licensing Act, and regulations related to it, is the end of a raft of changes meant to improve business opportunities and convenience for consumers.

The reforms brought in with the legislation include letting any business in B.C. — even "barbershops, salons, book stores and art galleries," the government's statement said — apply for a liquor permit.

It also allows hotels to offer their guests a free alcoholic drink upon check-in, and to carry their drinks back to their rooms, and let restaurants request to transform into nightclubs or bars after "certain hour," the statement read.

Another aspect of the changes is to speed up liquor licence applications by having provincial and municipal governments review those permits at the same time.

> **"We've come a long way since we first began the process of updating B.C.'s antiquated liquor laws.**
> Coralee Oakes

The law would also enable businesses with a liquor licence "to request that government reconsider an enforcement decision under certain circumstances to avoid a costly court hearing and choose between a monetary penalty or licence suspension for a first contravention," the government's statement promised.

As Oakes explained in the Legislature on May 12, 2016, "Some of the penalties that could be appealed are serving a minor, over-serving with intoxication, overcrowding or any contravention."

IN BRIEF

Clark needs to do more than ditch stipend, say critics
Premier Christy Clark will still be in a conflict of interest even though she's rejected her party's annual stipend, suggests a group that's been critical of political fundraising in British Columbia.
Duff Conacher of Democracy Watch says Clark will still get the party's money because she's requested her stipend be replaced with a system where she will be reimbursed by the Liberal party for her expenses.
THE CANADIAN PRESS

Man overdoses after crashing into police car
A Maple Ridge man is facing impaired-driving charges after police say he drove into a marked police car Friday morning and proceeded to lose consciousness when an officer asked him to step out of the car. The driver is now facing charges for the impaired operation of a motor vehicle and driving while prohibited. WANYEE LI/METRO

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ALBERTA

Domestic violence leave now a reality

A union in Alberta has negotiated domestic violence leave for members who work at a long-term care facility.

The United Steelworkers says the agreement means Rivercrest Care Centre workers who are victims of domestic violence can take paid leave for legal, medical and counselling appointments without fear of losing their jobs.

Ray White, president of Local 1-207, said the contract language is a first for the union in Alberta and it plans to table similar proposals with other employers.

"The stigma attached to domestic violence is bad enough without having to go to your employer hat in hand begging for time off," he said.

"We have it on three other contract tables right now and, as they become available, we will be putting the proposal forward at every place we bargain."

Blair Halliday, chief operating officer of Qualicare Health Services Corp., said he was initially surprised when the union tabled the proposal for workers at the Fort Saskatchewan nursing home. But after learning more about domestic violence, the company decided it was the right thing to do for the employees, who are mainly women.

Halliday said the benefits outweigh the cost, even in Alberta's tough economy.

"We thought it was a reasonable thing to do," Halliday said.

The union hopes provincial governments will take action to ensure all people can take time off to get help they need, he said.

Alberta Labour Minister Christina Gray said the government will look at domestic violence leave as part of a review of the province's labour laws, but she gave no indication when that may be.

THE CANADIAN PRESS

PM Justin Trudeau has sparked controversy after boarding a private helicopter owned by Aga Khan. THE CANADIAN PRESS

History of heli-heat

ETHICS

Trudeau not the first to stir controversy over private flight

If only Justin Trudeau had bumped into Earl Deveaux at the airport in the Bahamas — he might have been able to save himself a chopper-load of grief.

After all, Deveaux — formerly the island nation's environment minister — has himself been a passenger on board the Aga Khan's private helicopter, just like Trudeau, and was made to suffer the consequences.

It was September 2010 when someone snapped a photo of Deveaux walking away from the helicopter in question during a stopover on his way to the Aga Khan's private island.

$100M

Reported amount the Aga Khan spent to buy Bell Island in 2009 (in USD)

For Deveaux, the political perils were decidedly more glaring.

The Aga Khan was seeking permission to dredge offshore from his island, inside an established marine reserve, in order to make room for his massive luxury yacht, among other vessels. Locals feared irrevocable environmental harm.

The area, known as the Exumas, had become popular with celebrities and the super-wealthy keen on owning their own island.

The Aga Khan — the wealthy philanthropist and hereditary spiritual leader to the world's approximately 15 million Ismaili Muslims — happens to be a close family friend of Trudeau's.

Trudeau has been facing heat over the flight ever since the National Post reported on his family holiday at the Aga Khan's island, which also included Liberal MP Seamus O'Regan and Liberal party president Anna Gainey.

The federal Conflict of Interest Act and Trudeau's own ethics guidelines for his cabinet ministers bar the use of sponsored travel in private aircraft, allowing it only for exceptional circumstances and only with the commissioner's prior approval.

The act also prohibits a minister or any member of their family from accepting gifts or "advantages" that could be seen as influencing government decisions. The only exception is if the giver is a friend.

The federal ethics commissioner is looking into the holiday and the chopper flight. Trudeau has repeatedly called the Aga Khan a longtime family friend who served as a pallbearer at his father's funeral.

Back in 2010, there were immediate calls for Deveaux's resignation. Then-prime minister Hubert Ingraham stood by his minister, admitting that he, too, had hopped a ride in the very same helicopter to meet with the Aga Khan and foreign dignitaries.

At the time, a frequent political argument — similar to that of Trudeau — was that there was no other means of accessing Bell Island. THE CANADIAN PRESS

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CANADA

Ready to confront a new reality

Prime Minister Justin Trudeau and his federal Liberal government will confront the reality of Donald Trump in the White House as his cabinet members begin gathering Sunday in Calgary for a three-day retreat that is to include discussions with an adviser to the new president.

Up to now, Trudeau has had a relatively smooth ride guiding Canada's relations with the U.S., thanks to being so simpatico with Barack Obama — natural allies on climate change, with a close personal relationship that oozed brotherly affection.

Now the Liberals are girding for a major reset with Washington, which is expected to be the preoccupying pastime for Liberal ministers during their upcoming meetings.

Dominic Barton, the head of the Trudeau government's influential council of economic advisers, is also set to attend. Earlier this month, he cautioned that Trump's pledges on trade and taxation must be taken seriously in Canada.

The Liberal government hopes to send a message to the Trump administration that Canada and the U.S. have a shared agenda, Natural Resources Minister Jim Carr said Sunday in Calgary.

"We will have to see what the administration actually does," he said.

Earlier Sunday in Washington, Trump said he had scheduled meetings with Trudeau and Mexican President Enrique Pena Nieto and signalled negotiations will have to begin on NAFTA.

"I ran a campaign somewhat based on NAFTA," Trump said. "But we're going to start renegotiating on NAFTA, on immigration, on security at the border."

The date of the meeting between Trudeau and Trump has yet to be announced.

THE CANADIAN PRESS

International outpouring sends message to Trump

WOMEN'S MARCH

Millions come out to over 600 sister marches worldwide

In a global exclamation of defiance and solidarity, millions of people rallied at women's marches in the nation's capital and cities around the world Saturday to send President Donald Trump an emphatic message on his first full day in office that they won't let his agenda go unchallenged.

Trump responded Sunday, undermining the public opposition then defending demonstrators' rights a short time later.

"Watched protests yesterday but was under the impression that we just had an election! Why didn't these people vote? Celebs hurt cause badly," tweeted Trump, at 7:51 a.m. Ninety-five minutes later, he struck a more conciliatory tone.

"Peaceful protests are a hallmark of our democracy. Even if I don't always agree, I recognize the rights of people to express their views," the president tweeted at 9:26 am.

And protesters had done just that.

"Welcome to your first day, we will not go away!" marchers in Washington chanted.

Many of the women came wearing pink, pointy-eared "pussyhats" to mock the new president. Plenty of men joined in, too, contributing to surprising numbers everywhere from New York, Philadelphia, Chicago and Los Angeles to Mexico City, Paris, Berlin, London, Sydney and even Antarctica.

The Washington rally alone attracted over 750,000 people — apparently more than Trump's inauguration drew on Friday. It was easily one of the biggest demonstrations in the city's history, and as night fell, not a single arrest was reported.

The international outpouring served to underscore the degree to which Trump has unsettled people in both hemispheres.

Around the world, women brandished signs with slogans such as "Women won't back down" and "Less fear more love." They decried Trump's stand on such issues as abortion, health care, diversity and climate change. And they brandished him a sexist, a bully, a bigot and more.

All told, more than 600 "sister marches" were planned worldwide. Crowd estimates from police and organizers around the globe added up to approximately four million.

Tens of thousands of protesters squeezed into London's Trafalgar Square. In Paris, thousands rallied in the Eiffel Tower neighbourhood in a joyful atmosphere, singing and carrying posters reading "We have our eyes on you Mr. Trump" and "With our sisters in Washington." Hundreds gathered in Prague's Wenceslas Square in freezing weather, mockingly waving portraits of Trump and Russia's Vladimir Putin.

METRO/THE ASSOCIATED PRESS

4 MILLION STRONG: THE MARCH HEARD 'ROUND THE WORLD

SOLIDARITY

Canadians to American sisters: You are not alone

May Warren
Metro | Toronto

After two nights of sleeping upright on buses, an entire day of walking and more than 24 hours without a shower, a few hundred Canadian women finally arrived back in Toronto on Sunday afternoon.

They were tired but elated and ready to take their energy forward over the next four years, fresh from the historic Women's March on Washington.

"I believe it's just the start," said Jo-Anne Miller.

The fifty-something seasoned activist made the trip alongside her twenty-something friend Jocelyn Murphy. Their generational split — not uncommon among those in the masses — serves as an example of what made the momentum created over the weekend so important.

The march was 29-year-old Kat Scott's first time doing anything in the "political sphere."

She considers herself a feminist, was inspired to action by Gloria Steinem and "at root" just wants to end sexism.

"It's those moments of just reminding myself that I'm not alone," she said, about the importance of the march. "You can pull on this memory."

The march gave the world a glimpse of the "the power of the people," especially when it comes to fighting the "intersectionality of oppression" women of colour and indigenous women face in Canada and the U.S., Miller said.

Standing out in their red toques amongst the thousands of pink knitted hats that stormed the capitol on Saturday, Canada's women, and some men, were welcomed loudly.

Americans cheered them loudly along the march's route, yelling "thank you for coming," and "you go Canada, you go."

The event was organized as a peaceful gathering in support of diversity, equality and inclusion, not as a protest against U.S. President Donald Trump. But, his face and name popped up throughout, on signs where he was depicted as a clown or as a puppet of Vladimir Putin, and in chants.

At one point near the National Mall, marchers sang out, "We don't want your tiny hands, anywhere near our underpants."

But the movement was about much more. Issues spotted on signs ranged from reproductive rights to climate change and Black Lives Matter.

A group of Canadians joined hundreds of thousands of people taking part in the Women's March in Washington. MAY WARREN/METRO

metro VIEWS
Your essential daily news
Monday, January 23, 2017

VICKY MOCHAMA

FIRST STEPS MUST YIELD NEXT STEPS

This weekend's women's marches were, for many, exhilarating moments of respite after months of anxiety. But, now that the triumphant moment has passed, those who would dedicate themselves to political resistance must **prepare for the difficult road ahead.**

At the inauguration, my chest felt tight. Throughout the day, Trump supporters were exceedingly nice to me. A condescending kindness. I was told "Good for you!" about doing my job. A minute later, they'd be yelling "Lock her up" or "Make America great."

At the women's march, I exhaled, finally letting go of the breath I'd been holding in since election night.

My cousin and aunt, D.C.-area residents who put me up for the weekend, have been apoplectic and yet resigned, unable to bear watching anymore election coverage but unable to look away. But at the march, my cousin said, "I don't know what I expected. It's just so nice not to feel alone."

My cousin is determined not to let the Trump presidency disrupt her dreams. She's engaging with it. She has signed up for a newsletter from Shaun King, a reporter and civil rights activist, that alerts her to legislative issues and what she can do about them.

All over, Americans are resisting Trump and will continue to resist him.

Clearly, this election has been a political awakening for so many. But there's nothing romantic or glorious about it.

Exhilarating as the march was, the road ahead will be perilous and exhausting.

The coalition of people who attended this past weekend's marches face an abyss: denial of climate change, increased restrictions to a woman's right to choose, an end to religious freedom and social liberty for Muslims, the denial of citizenship for immigrants, an administration that is brazen in its lies.

All the progress of the Obama presidency — both in its racial significance and its actual policy making — is now threatened. But the system that put Trump in office is not in any way new. Much as the emancipation of slaves was followed by the terrorism of Reconstruction, the social-welfare edifice of the New Deal and the civil-rights gains of the '60s and '70s were eroded by the law-and-order social policy and trickle-down economics that became ascendant under Reagan and have remained so ever since.

To some, this election is the natural conclusion of a nation built on white supremacy and dedicated to the exploitation and destruction of black, brown, indigenous and female bodies — bodies that have borne the brunt of the pendulum swings of history.

According to DC Metro, the day of the women's march was the second largest in total ridership, at just over one million. The record for first place is held by the first Obama inauguration, in 2009.

The march crowd, however, was different from the Obama gathering, which I also attended. This one was pretty white — not as white as Trump's inauguration the day before, but pretty white.

Black, latino and indigenous people were there but not with the fullness and volume that they had been eight years ago. The march was chaotic and spontaneous, yet the free-flowing movement of masses of people wasn't met with violence by the police.

The same cannot be said of typical protests by black, latino and indigenous activists.

The presumption of innocence and the safety that white protesters are afforded by the police was evident at the women's march. At the same time that non-white activists are advocating for change, white allies can step up to ensure their safety.

In an interview with NPR, the New York Times' Nikole Hannah-Jones said, "It is important to understand that the inequality we see.... is both structural, it is systemic, but it's also upheld by individual choices."

The threat that the Trump administration represents cannot be brushed aside. White allies must seek to ensure not just their self-interest but the safety of others. By continuing to show up, the privileges of whiteness can be extended to the oppressed.

The decision to show up to Washington, D.C., on an overcast day in January is an important choice and a powerful first step. In the days, weeks and months of the next four years, first steps must become next steps.

INAUGURATION 'TOONS

by Ani Castillo

Last Friday a helicopter came to the White House and took Obama away forever. Inside I screamed, "Barack, don't leave!" It felt as if the only responsible adults were leaving the house.

Donald's superpower is his extreme visibility. My theory is that many people voted for him because familiarity had, in the unconscious, become trust. A case study in marketing.

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At Paris Fashion Week, designer Agnes B. shows contrast with marl grey overcoats mixed with graffiti-patterned foulards and tops

Jonathan Forani
Torstar New Service

SARAH KEHOE

Selling the soul of fitness

Saddle up for some $28 spin classes. Boutique gyms, offering an exclusive sense of tribalism, are booming

It has been three years since her first ride, but Casey Graham still remembers the dark candlelit room, the ardent leader at the front, and the thumping beats.

For the 24-year-old, that first SoulCycle spin class in New York City was a celestial thing.

"It was life-changing," says Graham, who works in marketing. She'd never done a spin class before, but heard the boutique indoor-cycling brand dubbed a "party on a bike," was different from the other fluorescent-lit offerings available.

"It doesn't feel like a workout class," she says, but more like an upscale bar in "gym form."

After her ride, Graham felt she'd been welcomed into a "very exclusive" club. She purchased the branded attire and began imploring the company over social media to come to Toronto.

SoulCycle arrives March 2. Its first Canadian location is in Toronto, with another slated for Vancouver by the end of the year. Spin classes are $28 a pop.

Its arrival is the latest and buzziest of high-end fitness brands that offer far more than a good sweat. These are clubs with personal trainers and stationary bikes as well as apparel shops, vast Instagram followings and celebrity endorsements.

They are not just selling fitness, they are selling a lifestyle.

There's Equinox, with its full-service spa, chilled eucalyptus towels and $176 monthly memberships; the $280-a-month CrossFit YKV; the "Pilates on crack" machines of Studio Lagree ($32 a class) and the "Pilates-meets-ballet" of Pure Barre ($199 a month).

Pricey fitness boutiques have been around for years, but the levels of specialization and use of the phrase "boutique fitness" is relatively new, says Margaret MacNeill, University of Toronto associate professor of Kinesiology and Physical Education.

"It gives a sense of high-class. It gives a sense of luxury. And all of those things give a sense of exclusiveness that you're a member of an elite, special, tiny club," MacNeill says.

SoulCycle fan Graham says it's worth the price of admission for the "overall vibe" — the pristine white lobby, the atmospheric lighting of the studio and its instructors who coach riders to "tap it back," a phrase now popularized by the studio referring to the "squat-on-a-bike" bouncing motion bashed by some critics for being counterproductive and potentially dangerous.

Health and fitness columnist James Fell gave the SoulCycle workout a "failing grade" in 2011 for bad "exercise physiology and biomechanics." Others contest the club's seeming employment of people without fitness backgrounds who have more experience as entertainers.

Gabby Cohen, senior vice-president of PR and brand strategy at SoulCycle, says its full-time instructors (five are expected at the incoming Toronto location) go through a 10-week training regimen and the team has a physical therapist on staff to ensure the workouts do no harm.

As for harm done to the wallet, it's the cost of running a high-end gym. Cohen says full locker amenities with complimentary shampoo, conditioner, body wash, deodorant, free towels, hair ties, gum and ear plugs are all provided at the front desk. High-end spots including SoulCycle and Equinox offer a lifestyle benefits too — nutritional coaching, a kids club, work spaces and lush interiors.

Going boutique is a reflection of the public exposure fitness centres were getting from the gym-mirror selfie crowd. At some of these clubs, members exit through gift shops where everything from candles and cashmere gloves to baby onesies embossed with club lingo are sold.

MacNeill sees this rise of public displays of fitness as a kind of New-Age "conspicuous consumption." "It was a criticism of the leisure class (in the 1800s), those who had inherited all their riches and were able to have very public displays of their leisurely life, to be able to go to the horse races, to play polo," says MacNeill.

"To some degree, the phenomenon of people putting Instagrams up is a new version of conspicuous consumption — 'I'm in this gym and you're not.'"

$3 billion

Canada's growing industry of fitness clubs is worth $3 billion, according to recent data from research firm Ibis.

Indeed, there are a lot of people who are not in those gyms which require deeper pockets than the monthly membership fees of $10 to $20 a month (Hone Fitness, Planet Fitness, Fit4Less, World Gym) to $35 to $65 a month (Snap Fitness, GoodLife, LA Fitness, YMCA). These centres offer similar workouts, but provide fewer if any "high-end" amenities.

Rod Macdonald, vice-president of canfitpro has worked in both the commercial and non-profit fitness worlds. He found a kind of "tribalism" or desire for a sense of belonging is seen in all areas, no matter the membership fee and follower count on Instagram.

"The more someone feels like they really belong somewhere," says Macdonald, "the more likely they are to stay and be advocates for the tribe."

Superfan Graham is ready to join. "I've never felt the way I did after a SoulCycle class," she says — elated, unstoppable, her "best self."

After spending upwards of $50 on two workouts, she says the sweat and lifestyle are worth the price. "You get what you pay for."

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Greatest show (of strength) on Earth...

Alicia Keys performs in Washington D.C. GETTY IMAGES

THE SHOW: The Women's March on Washington
THE MOMENT: The Mall

I thought the show was going to be the rally.

On a stage somewhere near Independence Ave. and Third Street in Washington D.C., dozens of speakers would address a crowd (they expected 250,000). I thought I'd be listening to Gloria Steinem, Michael Moore, America Ferrera. Janelle Monae talked to the Mothers of the Movement, who'd lost children to police violence.

But my group of seven, who'd flown down from Toronto, couldn't get near it. We came close: We talked our way behind a barricade, which happened to be the spot where celebs were hustled after they spoke.

Here came Cher, shaking hands with the crowd. Alicia Keys and Jake Gyllenhaal (sporting a bushy beard) stuck to their security men. But we gave up on trying to see the stage. There were simply too many people.

So we headed for the Mall, DC's front lawn. We stepped out of the tree line, and my knees buckled. A solid wash of humanity, hundreds of thousands, mostly female, stretched as far as one could see, sporting pink pussy hats and carrying witty signs (my favorite: Putin wearing an American "I Voted" sticker). We knew it felt big, but we had no idea it was this big. This was the show.

No matter how crowded it became — and where barricades made bottlenecks, it was dangerously crowded — people stayed calm. They smiled, they made room, they chatted. A million souls, myriad intentions, but one mood. The biggest political protest in U.S. history.

The greatest show (of strength) on Earth.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

No more cartoon clichés of nerds and sex bombs

FILM PRODUCTION

Women in animation lead the revolt

Ajani Russell poses with her artwork Female Figures prior to the Animated Women symposium at California Institute of the Arts, created partly by Walt Disney's desire to bring more top-flight animators into the profession. MARK J. TERRILL/THE ASSOCIATED PRESS

The California Institute of the Arts was created partly by Walt Disney's desire to bring more top-flight animators into the profession. And it has during its 47 years, though for a long time almost all were men.

Now, nearly three-quarters of CalArts' more than 250 animation students are women, and there's a new goal: ensure that when they land jobs, they get to draw female characters reflective of the real world and not just the nerds, sex bombs, tomboys or ugly villains who proliferate now.

"Male villains, for example, can be any shape or size. But female villains are usually in their menopausal or postmenopausal phases. They're older, they're single, they're angry," said Erica Larsen-Dockray, who teaches a class on The Animated Woman for CalArts.

"Then you have the innocent princess, whose waist is so small that if she was actually alive, she wouldn't be able to walk."

To call attention to that, CalArts has played host the past two years to The Animated Woman Symposium on Gender Bias. This year it focused on the roles of Sidekicks, Nerd Girls, Tomboys and More.

During a recent raucous two-hour symposium, nearly a dozen student researchers who spent months watching cartoons and reading comic books questioned why almost all female sidekicks look like nerds. Also why female heroes like Kim Possible are over-the-top beautiful. And why there are so few gay, lesbian and transgender characters.

"What are nerd-girl stereotypes? They have glasses, they're shy, they're awkward, they have some freckles going on," said film-video student and artist Madison Stubbs as she flashed drawings of several, including two of the most popular: Velma from Scooby-Doo and Meg Griffin of Family Guy.

"And we have Tootie from Fairly OddParents," Stubbs said of the long-running Nickelodeon cartoon show's pig-tailed, braces-wearing, bespectacled sidekick. "Basically, she's just in the show to go, 'Oh, Timmy. I want you. Why do you ignore me?'"

> **What are nerd-girl stereotypes? They have glasses, they're shy, they're awkward.**
> Madison Stubbs, researcher

There's a reason for such drawings and scenarios, said Marge Dean, president of the industry group Women in Animation: Men still fill animation's writing rooms and director's chairs.

"Many, many, many women are going to animation schools. At CalArts, it's over 70 per cent. But yet if you start looking at women in creative roles, the last number we have is only 22 per cent," said Dean.

In an effort to boost those numbers, CalArts faculty invites studio representatives to campus for events like portfolio days and maintains a close relationship with groups like Dean's, which is pushing the studios to have a creative workforce of half women and half men by 2025.

CalArts alumni have directed nine of the 15 Oscar-winning animated feature films since that category was created in 2002. Only two of those 15 films had female directors. Both of them, Brenda Chapman and Jennifer Lee, are CalArts graduates.

Dean believes the landscape will change as the popularity of animation continues to grow. Three of last year's top 10 box office films were animated — Finding Dory, Zootopia and The Secret Life of Pets. None were directed by women.

To make real change, students entering the animated world must demand it, said Stacey Simmons of the production company Stoopid Buddy Stoodios.

"The only way you're going to change it is to keep doing it," she said. "The industry itself has changed a lot, but it has not changed at the same rate the country has."

THE ASSOCIATED PRESS

ADVICE

Stretching out resources now sets a smart tone

Gail Vaz-Oxlade
For Metro Canada

Despite resolutions to not go into January with debt, loads of people find themselves hesitant to open up their credit card statements. With debt to deal with, higher hydro bills and ever-rising food and gas prices, it's time to focus on ways to trim back.

Welcome to Make Do Month, when you stretch everything a little farther so you spend a lot less. You'll scoop the last drop out of every bottle or jar. You'll dig to the back of your food cupboard to use up the noodles, the soup, the bag of beans. And you'll go through your freezer and eat everything that's been sitting there for the past six months.

January is also a good month to experiment with a new routine. Used to buying coffee every day? Brew your own at home or work and save big-time. Go out for lunch? Brown-bag it four out of every five days so you have the money to pay off that holiday debt.

If you have family or friends whose birthdays fall in January, committing to Make Do Month means you won't rush out and buy a present. Instead, you'll find a way to give something of yourself instead. Make their favourite cookies, offer to cook a meal or a bunch of meals for the freezer for those extra busy workdays, or create a coupon for free babysitting. Maybe you're a computer genius and can offer to do maintenance or repairs. Perhaps you're a mechanic and can offer a tune-up. Substitute your energy for spending money.

While you're being frugal and using up all your stuff so you don't have to spend money in January, why not inventory the things you seem to have a lot of: screws, magazines, nail polish, face creams, shampoo, books, yarn, scrapbooking supplies. Measuring your abundance and committing to buying nothing more until you've used up what you have is a great way to take Make Do Month and make it a year-long way to save money.

After the buzz of the holidays you'll no doubt be happy to stay home for the first couple of weeks. Then you may start feeling itchy. You've got to get out.

Before you hit that great new restaurant that just opened up or head out to the clubs, remember that January is Make Do Month. Call up a couple of friends and throw a potluck dinner instead. My girlfriend Annie asked all her invitees to bring a dish from their cultural heritage. I showed up with oxtail soup and partook in everything from cabbage rolls to kafta.

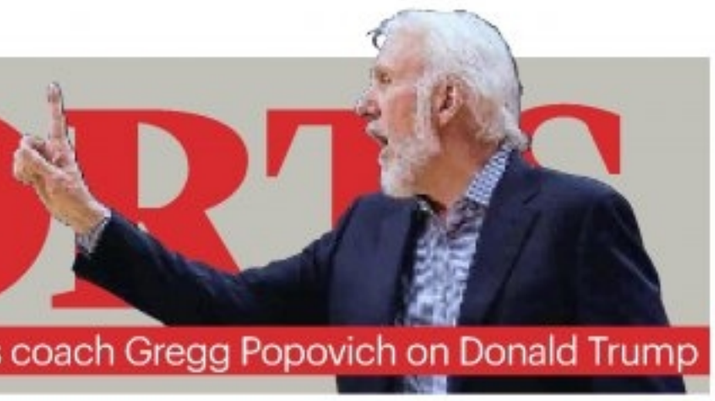
January is a great month to start a tradition of once a month game or poker night and rotate from one friend's home to another. No one says you can't have fun in Make Do Month. You just can't spend gobs of money.

Make a conscious decision to stretch every dollar as far as it'll go. Try it and see if just becoming conscious saves you money.

I'll bet you're pleasantly surprised.

For more money advice, visit Gail's website at gailvazoxlade.com

metro SPORTS



"If our children would've said it, we would have grounded him for six months": Spurs coach Gregg Popovich on Donald Trump

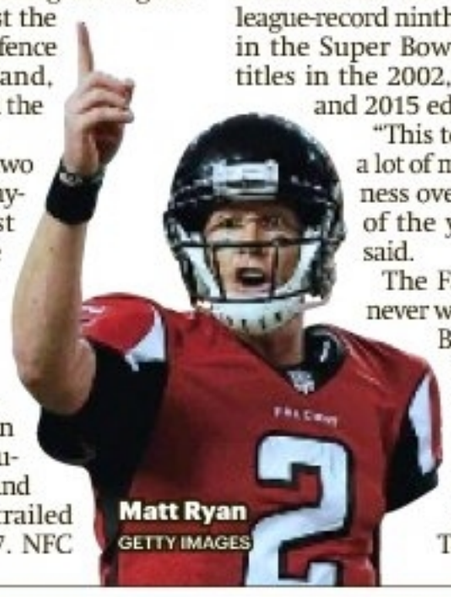
Brady-Ryan matchup featured in Super Bowl

NFL PLAYOFFS

Falcons chase their first championship against Pats

A season that began with Tom Brady serving a four-game suspension will end with him in the Super Bowl, where his New England Patriots will take on Matt Ryan and the Atlanta Falcons.

While much of the attention between now and the NFL championship game on Feb. 5 in Houston will be focused on Brady vs. Ryan, the truly key matchup could be Atlanta's score-at-will offence, which produced the most points during the regular season, against the unheralded defence of New England, which allowed the fewest.



Matt Ryan
GETTY IMAGES

And these two teams are playing their best football at the most important time.

AFC champion New England (16-2) has won nine consecutive games — and hasn't even trailed since Nov. 27. NFC champion Atlanta (13-5) has won its past six in a row, scoring at least 33 points in each.

"We'll enjoy this," Ryan said after earning his first Super Bowl trip in his ninth season, "but we've got some work to do."

Brady and coach Bill Belichick will be seeking their — and the Patriots' — fifth Lombardi Trophy, and second in three years. This will be the franchise's league-record ninth appearance in the Super Bowl, including titles in the 2002, 2004, 2005 and 2015 editions.

"This team showed a lot of mental toughness over the course of the year," Brady said.

The Falcons have never won the Super Bowl. This will be Atlanta's second trip to the big game; it lost to Denver in 1999.

The club has never had a quarterback quite as good as Ryan, though.

The guy nicknamed "Matty Ice" went 27-for-38 for 392 yards, four touchdowns and zero interceptions, while adding a rushing TD, to boot, leading Atlanta past Aaron Rodgers and the Green Bay Packers 44-21 on Sunday in the NFC championship game.

"We did exactly what we've been doing all year and it feels really good," Ryan said after becoming the first quarterback in NFL history to throw for at least three TDs in four consecutive post-season games. "We'll be ready to go. That's for sure."

Later Sunday, the 39-year-old Brady tied Hall of Famer Joe Montana's record with a ninth three-TD post-season game, helping the Patriots beat Ben Roethlisberger 36-17 for the AFC championship.

Oddsmakers didn't even wait for the second game to end before making New England a three-point favourite over Atlanta in the Super Bowl.

As well as Brady played Sunday — 32-for-42 for 384 yards, three scores and zero interceptions — it was the way New England's defence played that stood out.

Right from the get-go, too: on Pittsburgh's first two drives, nine plays yielded a total of 26 yards. Then there was the stand late in the second quarter, when the Steelers had first-and-goal at the one-foot line and wound up settling for a field goal. And, by game's end, the Patriots had forced two turnovers.

THE ASSOCIATED PRESS

SCORES

21 - 44

17 - 36

5
Brady is seeking his fifth Super Bowl title.

Tom Brady threw for 384 yards and three touchdowns on Sunday. AL BELLO/GETTY IMAGES

IN BRIEF

Raptors drop third straight in loss to Suns

Eric Bledsoe poured in 40 points and Devin Booker added 20 more as the Phoenix Suns beat Toronto 115-103 on Sunday to hand the Raptors their first three-game losing skid in over a year.

Toronto led by eight points in the fourth quarter but the Suns used a 20-7 run to take control of the game. THE CANADIAN PRESS

No. 1 seeds in singles fall at Australian Open

It was tough at the top for Andy Murray and Angelique Kerber on Sunday at the Australian Open, with both the No. 1 seeds going out in fourth-round upsets.

Five-time finalist Murray lost 7-5, 5-7, 6-2, 6-4 to No. 50-ranked Mischa Zverev in the afternoon match on Rod Laver Arena, and defending women's champion Kerber lost 6-3, 6-2 to CoCo Vandeweghe in a night match.

THE ASSOCIATED PRESS

Canada stacks its team for figure skating worlds

Canada's team for the world figure skating championships boasts 17 world medals between them.

With the return of ice dancers Tessa Virtue and Scott Moir, along with Patrick Chan, Canada will send one of its strongest teams ever to the world championships in Helsinki in March. THE CANADIAN PRESS

Hawks fly by Canucks with Toews' late goal

NHL

Crawford makes 26 saves to earn his 200th win

Chicago goalie Corey Crawford stops a Daniel Sedin shot on Sunday night at United Center.
JONATHAN DANIEL/GETTY IMAGES

Jonathan Toews scored the tiebreaking goal with 1:18 remaining and the Chicago Blackhawks beat the Vancouver Canucks 4-2 on Sunday night for their third straight victory.

Toews, who also had three assists, connected from the left circle after Richard Panik's shot from right wing went wide and caromed off the back boards. Toews fired before Canucks goalie Ryan Miller could move across the crease.

Panik had a goal and an assist and Patrick Kane also scored for the Blackhawks, who have won seven of their last nine. Marian Hossa added an empty-netter with 24 seconds left for his 18th goal and 400th point with Chicago.

Corey Crawford made 26 saves to earn his 200th win.

Troy Stecher and Bo Horvat scored 46 second apart early in the third period to tie it for Vancouver.

Miller stopped 31 shots as the Canucks lost in regulation for just the second time in their last 13.

Panik and Kane scored 3:03 apart late in the first to stake the Blackhawks to a 2-0 lead after 20 minutes. Chicago dominated the frame, outshooting Vancouver 18-9.

SUNDAY in Chicago

4	2
HAWKS	CANUCKS

Set up by Campbell, Panik ripped a one-timer from the slot that clinked off the crossbar and past Miller for his 11th with 5:33 left in the first.

Kane got his 15th with 2:30 to go after Vancouver's Luca Sbisa lost the puck in the right corner. Kane's shot from the circle hit the stick blade of the Canucks' Henrik Sedin and deflected over Miller's shoulder.

Crawford had to be sharp at times, including stopping Daniel Sedin on a breakaway 7:41 in.

The Blackhawks' goalie was tested several times in the scoreless second to keep Vancouver off the board.

He stopped Brandon Sutter from the edge of the crease midway through the period during a Canucks power play and Sven Baertschi on a point-blank rebound attempt during another Vancouver man-advantage with 2:30 left in the frame. THE CANADIAN PRESS

Yordano Ventura GETTY IMAGES

MLB

Royals' Ventura dies in car crash

Royals pitcher Yordano Ventura, whose electric arm and confident demeanour helped lead Kansas City to a long-awaited World Series championship in 2015, died in a car crash in his native Dominican Republic early Sunday. He was 25.

Highway patrol spokesman Jacobo Mateo said Ventura died on a highway leading to the town of Juan Adrian, about 40 miles northwest of Santo Domingo. Mateo did not say whether Ventura was driving.

Also Sunday, former major-league infielder Andy Marte died in a separate car accident in the Dominican Republic.
THE ASSOCIATED PRESS

IN BRIEF

Swafford captures his first PGA Tour title

Hudson Swafford won the fittingly named CareerBuilder Challenge on Sunday for his first PGA Tour title, following three straight birdies with a closing par for a one-stroke victory over Abbotsford's Adam Hadwin.

Swafford shot a 5-under 67 in La Quinta, Calif., to finish the pro-am event at 20-under 268.

Hadwin came back with a 70 after his third-round 59 to finish second.
THE ASSOCIATED PRESS

Hull's Mason 'stable' after fracturing skull vs. Chelsea

Hull midfielder Ryan Mason underwent surgery after fracturing his skull during a clash of heads during a Premier League match at Chelsea on Sunday.

Mason "is in a stable condition and is expected to remain in hospital for the next few days," Hull said in a statement after its 2-0 loss to the Premier League leaders.

The 25-year-old received treatment for almost 10 minutes before leaving the field. THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Sunny Shrimp Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These tacos are fresh and bright enough to bring the sun out on a winter day.

Ready in 40 minutes
Prep time: 30 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 lb peeled, deveined shrimp
- 1 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/4 tsp salt
- 8 tortillas
- 3 Tbsp lime juice
- 1/4 head of red cabbage
- 2 Tbsp lime juice
- 4 Tbsp sour cream
- 2 Tbsp lime juice
- A good pinch of salt
- Sliced radishes, avocado

Directions

1. Peel and devein shrimp and rinse under cold water. In a shallow bowl, mix oil, garlic, cumin, chili, salt and toss in shrimp. Refrigerate for 15 minutes.

2. Preheat oven to 200 degrees. Wrap tortillas in damp paper towel, place in oven. Slice the cabbage and toss in a bowl with 3 Tbsp lime juice, olive oil and salt to taste. In a small bowl, mix sour cream, 2 Tbsp lime juice and a pinch of salt to make a crema.

3. Heat skillet to high, add a little olive oil. Add half the shrimp. Cook until you see pink around the edges. Flip over and cook briefly until shrimp are pink and opaque. Repeat with second batch.

4. Place everything on table and let people build their own tacos.

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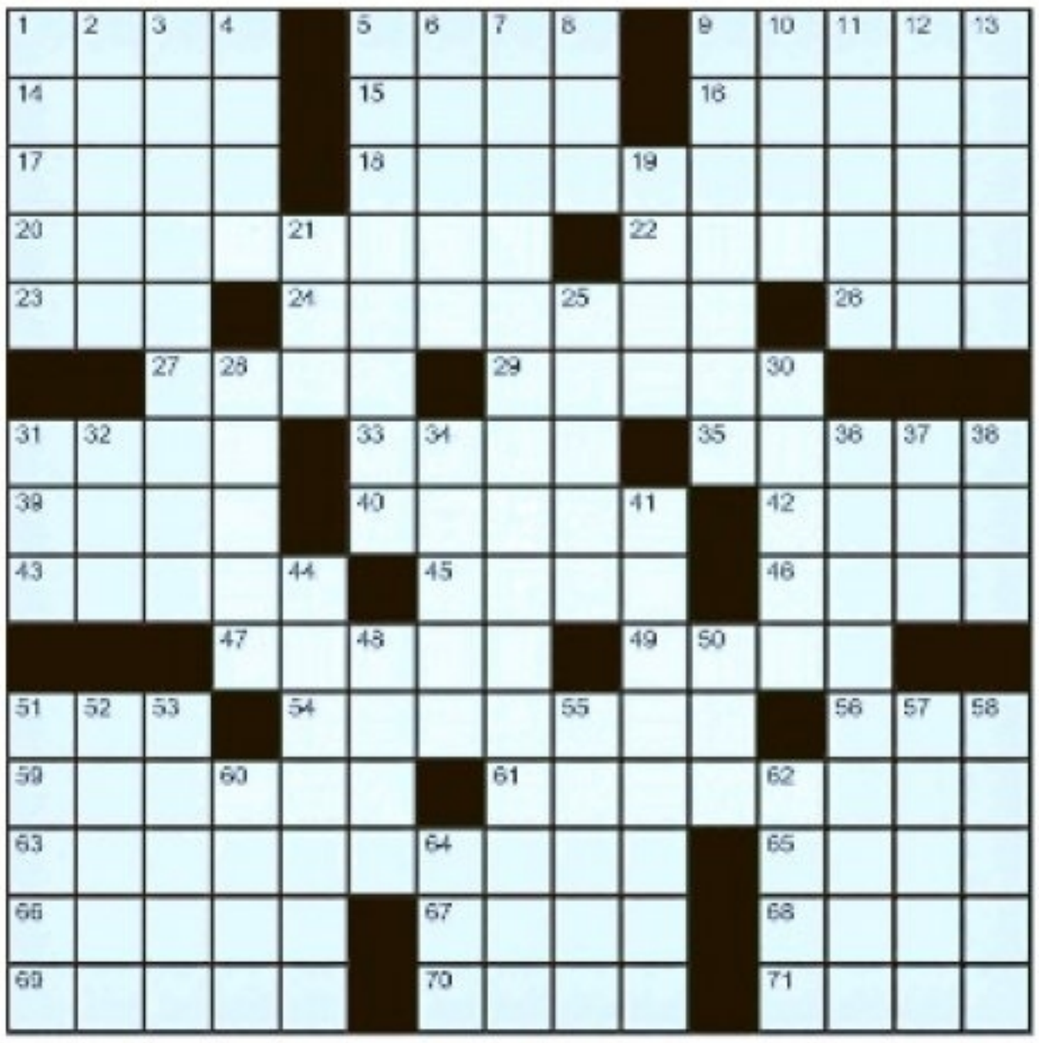
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Biblical beau
5. Skin cream ingredient, _ butter
9. Legal garbs
14. Belonging to me
15. Paper _ (Pen brand)
16. Montreal 'student'
17. Prince _ (Alexander Borodin opera)
18. Surgery pain-preventer
20. Driver's shade from rays: 2 wds.
22. Pre-ninth inning in baseball
23. "The _ Who Loved Me" (1977)
24. Pensive person
26. 1984: "Strut" Scottish singer ...her initials-sharers
27. Travel by dog sled
29. Goose, in Latin
31. PC picture
33. Inactive
35. Tenet
39. Glorify
40. Electrical pioneer Nikola
42. The _ Mountains (Range in Russia)
43. Dermatologist's device
45. "To Sir, with Love" (1967) star
46. Savings = _ egg
47. Sherwood's Mr. Hood
49. Sassiness, in slang
51. Energy unit
54. Management Land, say
56. Peacock TV station
59. Lisa's "Friends" character
61. Carmen's aria in Georges Bizet's opera
63. Accordion-like instrument
65. Court hearing
66. _ _ the other (Not both)
67. Slowly advance
68. Rupture
69. Sea swallows
70. CCR's "Have You Ever _ the Rain"
71. Whirl in the water

DOWN
1. Not quite right
2. Unearth: 2 wds.
3. Like an unknown benefactor
4. "Jeopardy!" creator Mr. Griffin
5. Chart-topper: 2 wds,.
6. Capital of Vietnam
7. Weather in Jim Carrey's 'Spotless Mind' movie: 2 wds.
8. Bronze Roman money
9. Got the job back
10. Mr. Cassini (He outfitted President Kennedy's wife)
11. "2 Broke Girls" actress Ms. Behrs, and namesakes
12. Web-sent party notice
13. Six, in Munich
19. Casual tops
21. Possessive pronoun
25. Sad-sounding ring
28. Beneath
30. Theatre in the _
31. Chicago's li'l state
32. Canuck motorists org.
34. Cold cuts counters, commonly
36. Like the Lady in American band Sugarloaf's 1970 song
37. Pas' wives
38. Elevation, for short
41. Germany's famous highway
44. Cops and _
48. Second _ War (1899 to 1902 conflict)
50. Ms. Thurman
51. Walt Disney World attraction in Florida
52. Winery river valley in France
53. One whose goose is cooked
55. Do the tango
57. Butter's best friend
58. Tote
60. Business subj.
62. Whole, as in music
64. Poetic contraction

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to ask your boss for a favour. It will be easy for you to make him or her feel sympathetic to your cause.

Taurus April 21 - May 21
Because your imagination is heightened today, you will be delighted with unusual stories and meeting people from other cultures. You want to learn more.

Gemini May 22 - June 21
If you decide to share something today with someone, you will be sympathetic to his or her situation. (Make sure you respect your own needs.)

Cancer June 22 - July 23
In conversation with partners and close friends today, you will be caught up with idealistic values. You will want what's best for the other person.

Leo July 24 - Aug. 23
Co-workers might ask for your advice or want to share a hard-luck story with you. This is because people sense that you are sympathetic today.

Virgo Aug. 24 - Sept. 23
Because your imagination is heightened today, you will enjoy the creative efforts of others. You also will be creative in your own approach to something today.

Libra Sept. 24 - Oct. 23
During a discussion with a family member, you will quickly see what it is like to be in his or her shoes. This is why you will be compassionate.

Scorpio Oct. 24 - Nov. 22
Don't worry if you spend a lot of time daydreaming today. It's just one of those days. It's also easy for you to visualize things today.

Sagittarius Nov. 23 - Dec. 21
If shopping today, you will be tempted to buy luxurious items you might not be able to afford. Just remember that after the temptation wears off, you are stuck having to pay this bill.

Capricorn Dec. 22 - Jan. 20
You feel truly sympathetic for others today. This is why you will go out of your way to help someone, or at least, listen to his or her story. Be wary of crocodile tears.

Aquarius Jan. 21 - Feb. 19
Today you will be inclined to put the wants and needs of others before your own, because you feel sympathetic.

Pisces
Feb. 20 - March 20
A friend may ask for your help today, or you might ask a friend to help you. Either way, people are supportive of you today, and they hope you will be the same toward them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8			3			9	
3					8			2
		5	2			6		
	5					1		
9								5
		8					6	
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7			9					1
	6			4			3	

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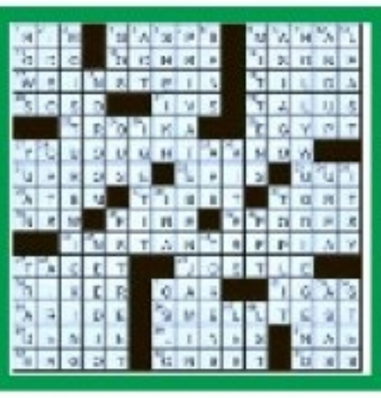

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3	8	2	5	1	6	9	7	4
4	1	6	9	7	3	5	8	2
6	4	3	7	5	9	1	2	8
1	2	5	3	8	4	7	9	6
8	7	9	1	6	2	4	5	3

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